



10 STEPS TO HEALTHIER AGING

A Campaign of Steps to a HealthierUS

- 1 ■ Start today.
- 2 ■ Choose physical activities you enjoy.
- 3 ■ Eat sensible portion sizes.
- 4 ■ Set realistic goals to eat better and move more.
- 5 ■ Walking is a safe way to become more active.
- 6 ■ Make wise food choices.
- 7 ■ Record your progress.
- 8 ■ Find an indoor place to be active in bad weather.
- 9 ■ Plan ahead what you'll eat or drink today to reach your nutrition goal.
- 10 ■ Ask a buddy or family member to join you.

To learn more about *You Can! Steps to Healthier Aging*, visit the AoA's Web site at:

www.aoa.gov/youcan

